

Weights and strength · Intermediate level

DAYS/WEEK

2-3

SETS × REPS

2-3 × 8-12

REST

90 s

Start here if... You've completed the beginner level or already do some strength training now and then.

**Goblet squat**

Hold a dumbbell or kettlebell against your chest. Squat down to a chair as a depth guide.

3 × 8-12 ☐**Incline push-up**

Hands on a kitchen counter or bench. Lower your chest until it almost touches the edge.

3 × 8-12 ☐**One-arm dumbbell row**

One hand and knee on a bench. Drive your elbow back towards your hip.

3 × 10 per side ☐**Dumbbell Romanian deadlift**

Knees slightly bent, back neutral. Lower the weights down the front of your thighs.

3 × 10 ☐**Step-up**

Use a 20-30 cm step. Push up through your heel and step down slowly.

2-3 × 8 per leg ☐**Standing shoulder press**

Feet hip-width apart, glutes squeezed.

3 × 8-12 ☐**Front plank**

On your forearms and knees or toes. Keep your body in a straight line.

3 × 30 s ☐**Target effort: 7/10****Ready to move up when...**

- When you complete all 3 sets at the top of the rep range in two sessions in a row, add 5-10% to the load.
- You're confident with deadlift and squat technique under load.
- You've trained for 3-4 months without long breaks.

Warm up for 5 minutes before every session. If you have heart disease, uncontrolled high blood pressure, diabetes or a joint replacement, check with your doctor before you start.